



COMMIT TO BE FIT 2019



THE DEPARTMENT OF RECREATION & COMMUNITY SERVICES
OFFERS A VARIETY OF CLASSES TO HELP YOU STAY ACTIVE
AND LIVE WELL. COMMIT TO BE FIT AND JOIN US!

FitPass \$20 for 10 Classes
Yoga ~ Cardio ~ Cycling
Total Body Conditioning

Zumba Pass \$25 for 10 Classes
Zumba ~ All Inclusive Zumba

20% OFF IN JANUARY

(LIMIT 2 PASSES PER PERSON)



PosterMyWall.com
Stock Graphics

YOGA

TUESDAYS 8:15 AM/ THURSDAYS 8:30AM

CARDIO TRAINING

TUE & THUR 5:30PM

TOTAL BODY CONDITIONING

WEDNESDAYS 5:30PM

CYCLING

MONDAYS 5:30PM

ZUMBA

MON/WED 5:20PM & TUE/THU 6:30PM

ALL INCLUSIVE ZUMBA

WEDNESDAYS 6:30PM

Purchase your Pass @

Recreation Park
208 Park Ave.

818-898-1290
www.sfcity.org



Options for Active Living & Healthy Lifestyles

3 WINS *fitness* Recreation Park

208 Park Ave.
San Fernando, Ca 91340

Outdoor Fitness

Monday, Wednesday and Friday @ 8:15AM

3Wins Fitness is a **free** exercise program focused on promoting active lifestyles and healthy living.

~All Levels of Fitness~

~Fall Prevention~

~Nutrition Workshops~

SENIOR FITNESS CLASSES

LAS PALMAS PARK ~ 505 South Huntington Street

Join us for fun-filled mornings of fitness and wellness. Open to individuals 18 years of age and older and of all physical ability. Registration is required for all fee-based classes.

Stretch to the Music

Monday & Wednesday 9:30AM

Jan 14th - Mar 8th

\$30/8 Wk Session

Senior Zumba

Tuesdays 10AM

Year-Round

Free

Cardio Dance & Pump

Thursdays 8:30AM

Jan 14th - Mar 8th

Free- 8 Wk Session

Lifting & Energy Training

Friday 8:15am

Jan. 14th - Mar. 8th

\$15/ 8 Wk Session

